

12 Weeks to Weight Loss Success

This Week's Tip:



Portion Control

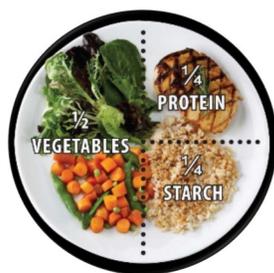
One of the major factors that can help you to achieve your weight loss goals is proper portion control. Your weight is a direct function of the number of calories that you take in versus how many calories your burn each day. Portion control directly helps you to lose weight by tipping the scales in favour of the output of caloric energy.

Portion control has a number of other benefits. You'll condition your body to become full after consuming a smaller amount of food. This means controlling portion sizes will get easier and easier over time. Many people find they generally feel better and have more energy when they've eaten moderately than when they eat large portions. Portion control can also help to improve your digestion process and your regularity as well.

Need some help getting started? Read on for some more great tips:

- Use smaller dinnerware for your protein & starch items and use a large plate for your salad. Or use the tried and true method of dividing up your large dinner plate into three portions. $\frac{1}{4}$ of the plate is for starch, $\frac{1}{4}$ of the plate for your protein and $\frac{1}{2}$ of the plate for colourful veggies.
- Read your food labels! Know what a recommended serving size for what you are eating actually is before you get into the package. When you open the package, try dividing it into individual portions and storing it that way. When you ready to eat, just grab a pre-portioned serving. No fuss, no muss!
- Invest in a set of measuring cups and a food scale. It's hard to eyeball serving sizes when you are just starting out in your new healthy lifestyle. Actually measure the items out so that you can get an idea of what a proper portion looks like – a set of measuring cups can be purchased at your local dollar store and a food scale can be purchased for \$10-20 for a small, basic model.

A HANDY GUIDELINE FOR PORTION CONTROL			
THUMB TIP  one teaspoon — One serving of butter	THUMB  about an ounce — One serving of cheese	TWO THUMBS  one tablespoon — One serving of nut butters	
HANDFUL  one ounce — One serving of nuts	TWO HANDFULS  about an ounce — One serving of cereal	FIST  one cup — One serving of fruit or veggies	PALM  three ounces — One serving of meat



Source: www.fitnessmagazine.com, www.prevention.com,
www.livestrong.com